

WORK EXPERIENCE

• In The Netherlands •

August 2018 – present.
Mahé Yoga, Zoetermeer.
Yoga Teacher & Graphic Designer.

- Teaching Vinyasa, Hatha, Philosophy, Wheel Yoga, Restorative and Meditation.
- Designing Website & Graphic for the entire Mahé Yoga.

March 2018 – present.
New Life Yoga, Zoetermeer.
Yoga Teacher.

- Teaching Strong Flow, Slow Flow and Restorative Yoga.

June 2018 – present.
Mijn Yoga, Voorburg.
Yoga Teacher.

- Teaching Flow Yoga.

August 2018 – June 2019.
Liv Yoga, Leiden.
Yoga Teacher.

- Teaching Aerial, Hatha and Vinyasa Yoga.

March – June 2018.
Stichting Piezo, Zoetermeer.
Yoga teacher.

- Teaching Hatha Yoga.

• In Indonesia •

- Pelan–Pelan Retreat, Mar. 2017– Feb. 2018
- Serenity Yoga, Mar. 2016 – Feb. 2018
- Samadi Bali, Apr. 2016 – Feb. 2018
- Desa Seni, Jun. – Dec. 2017
- Prana Bali, Aug. 2016 – Feb. 2017
- Awakened Life School of Yoga, 300 Hr YTT, Dec. 2017
- Company Yoga, Zalora (Zalando), Jakarta, Jul. 2017
- The Canggu Studio, Jul. – Oct. 2016
- Soham Wellness Center, Jul. – Oct. 2016
- The Amala Studio, Apr. 2016

Trained as a teacher, skilled as an artist, currently pursuing yoga & wellness to better serve others.

Meet me for some tea to brighten your day or hire me to bring positivity & hard-work into your space.



Pritha Maheswari

HOW TO REACH ME:

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CHARACTER REFERENCE:

Danielle Traanman,
Former Co-Founder of Zenang
Yoga (now Mahé Yoga)

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YOGA TRAINING

200hr YTT Hatha/Vinyasa, Bali
March 2016

- Power of Now Oasis
- Myron D'Mello, Mallika Savalkar, Carlotta Castangia

35hr Fly High YTT, Bali, Indonesia
October 2016

- + 70hr of Mentorship
- Ubud Yoga Center
- Jose Luis

10hr Dharma Yoga Wheel, NL
February 2018

- Paaldans, Zoetermeer
- Raquel Vamos & Dov Vargas

25hr Restorative Yoga & Meditation, NL
June 2018

- Mijn Yoga, Voorburg
- Veda Ela

90hr Thai Yoga Massage, Bali
October 2017

- Yoga Barn, Ubud
- Carlos Romero

10hr Energy of Yin Yoga, NL
March – April 2018

- Delight Yoga, Den Haag
- Marije Paternotte

12hr Yoga Myofascial Release YTT, NL
January 2020

- Yoga Seeds, Den Haag
- Nina Watson

30hr Yoga Philosophy YTT
June – October 2020

- Online with Satlaya Yoga
- Shir Semesh

Reiki Level 1 & 2 Training
July 2021, Bali

- Usui System
- Catherine Wheeler, Ubud